



MARTIAL ART ACADEMY OF INDIA

Jr. Blue Belt Exam

Discipline (10 Marks)

Stamina Test (50 Marks)

5 K.M. Running	20 Marks
30 Min. Slow Jumps	15 Marks
Free Exercise	15 Marks

Fitness Test (85 Marks)

80 Deeps	25 Marks
160 Keep up	25 Marks
30 Sit up	15 Marks
70 Side Sit up	20 Marks

Technique Test (295 Marks)

12 Hand Attacks	60 Marks
12 Kicks	60 Marks
12 Blocks	60 Marks
7 Que	20 Marks
6 KATA	20 Marks
18 Lock Techniques	15 Marks
15 Throws	20 Marks
6 Gymnastic	20 Marks
Fight (Karate)	20 Marks

Stance Test (20 Marks)

Oral Test (20 Marks)

Total (480 Marks)